

Instructions for In-Office Procedures

- ❖ Please discontinue any Aspirin or Aspirin-like products for two weeks prior to surgery. This includes Advil, Motrin, Aleve, Ibuprofen, Naproxen, Celebrex or any similar pain relievers. These medications can worsen bleeding during the procedure. Tylenol is a safe alternative to these medications.
- ❖ If you take any blood thinners such as Coumadin, Plavix, prescribed Aspirin, etc., please check with your prescribing physician as to when you can discontinue them prior to surgery. Two weeks before surgery is preferred but we will abide by the recommendations of your prescribing physician. You can restart your medicine 24 hours after surgery.
- ❖ Please discontinue Vitamin-E, Garlic, Gingko Biloba, and Ginseng, as these supplements can worsen bleeding during surgery.
- ❖ Please bring a driver or arrange to have someone pick you up as you may not be able to drive home.
- ❖ Depending on the nature of your job and the type of procedure you are having, you may need 2 to 7 days off from your work.
- ❖ Your signature below indicates that you have reviewed the above recommendations.

Signature of Patient/Guardian

Date